



PSYCH-LINKS

The Clinical Psychology Graduate Practicum Newsletter
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Blue Skies

Photo credit: Drexler Ortiz

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Blooming Flowers in Finnerty Gardens

Photo Credit: Lauren Matheson

Practicum Placement Coordinator’s Comments



Dr. Colette Smart

This past year has been a time of unprecedented tumult and uncertainty, as the landscape of clinical training has been radically impacted by the unfolding global pandemic. A significant number of students had placements be postponed or suspended indefinitely due to public health restrictions. Yet with uncertainty comes opportunity, and thanks to the efforts of Dr. Jodie Gawryluk, our *Practicum Site Coordinator*, we have been able to establish nine new practicum sites this past year! Some of these placements are over telehealth, which has meant that students could continue to work remotely in Victoria while completing out of town practica. Here at UVic, I have been directly involved with the establishment of telehealth capacity in our Psychology Clinic. This has allowed for three students to begin remote telehealth placements, and also provided enhanced capacity for existing clinical services through the PSYC 503 practicum and 506A supervised practice courses. We are hopeful that these new placements will continue after public health restrictions are eased, and our existing practica that have been suspended come fully back online. It is no more important than ever to thank the various supervisors who have continued to supervise students during this difficult time, acknowledging that their own practice has had to shift and adapt to the changing landscape of pandemic-era clinical care. For the January-December 2020 period, we had students at 12 practicum sites in the Greater Victoria Area and lower mainland, including:

- Anxiety Disorder Clinic, Island Health, Adult Mental Health Services, Victoria, BC
- UVic Student Counselling Services, Victoria, BC
- Saanich Child and Youth Mental Health, Victoria, BC
- Neuropsychological Services at QACCHHealth, Victoria, BC
- Inpatient & Outpatient Mental Health Services at QACCHHealth, Victoria, BC
- Vancouver Island Children’s Assessment Network (VICAN) at QACCHHealth, Victoria, BC
- Goranson Wellbeing, Victoria, BC
- Youth Forensic Psychiatric Services, Victoria, BC
- Adult Forensic Psychiatric Services, Victoria, BC
- Neurorehabilitation Services at Victoria General Hospital, Victoria, BC
- BC Children’s Hospital, Vancouver, BC
- Kelty’s Key Virtual CBT Practicum, Online, BC

Again, we would like to thank all of the practicum supervisors for your time, commitment and dedication to our students and contribution to our program’s commitment to delivering high quality training. And thanks to students for your patience and understanding with the chaos! CS & JG

Director of Clinical Training Update



Dr. Catherine Costigan

As I reflect on the past year, I am grateful for the dedication of faculty, supervisors, and students to our program. This year has brought us many challenges and opportunities, and we have all been called on to stretch our capacity for flexibility and adaptability. Like everyone else, our training capabilities have been significantly impacted by the global pandemic, requiring us to close down our Psychology Clinic last March, and then slowly re-open to the public starting in June as PHO guidelines and UVic Work Safe policies allowed. I am proud of all the students, faculty, and staff in the Psychology Clinic who have continued to offer excellent services to the community while rigorously following health and safety guidelines.

Beyond our Psychology Clinic, the pandemic has affected pretty much every aspect of our program, from the ability of practicum sites to continue to offer training opportunities, changes in planned rotations for students on internship, disruptions in planned data collection, and substantial changes to teaching and learning as we shifted to predominantly online courses. Not to mention, of course, the fear, sadness, and social isolation that we have all experienced in various degrees. It has not been possible to solve all of the problems caused by COVID-19, but it is my hope that students, faculty, and staff have felt, at least, that we are all in this together.

Against the backdrop of COVID-19, the Psychology Clinic received some previously planned and sorely needed upgrades this past year. If you can believe it, we have finally retired the VCR tapes that were used to record client sessions for the purposes of supervision! We are all currently learning how to use a newly installed state-of-the art digital A/V system for recording in the Clinic. We have also added telehealth capabilities to our Clinic – something that was happening anyway, but dramatically accelerated in importance due to COVID-19.

In addition to COVID-19, the past year has been marked by significant social unrest linked to inequities in areas such as healthcare, policing, criminal justice, demanding greater societal attention to anti-Indigenous and anti-Black racism. Anti-Asian racism has also risen in response to the pandemic. Led by students on our Social Justice and Human Rights in Psychology working group, several initiatives in the program have been launched to look closely at how we account for systemic inequities in our research and clinical practice and how we can better incorporate anti-racist and anti-oppressive perspectives into our training. These efforts are challenging, but essential, and ongoing.

We have been so fortunate to have the assistance of many capable colleagues this past year helping us to maintain the high quality of training while a few faculty members have been on leaves. Thanks for Drs. Lisa Van Bruggen and Audra Roemer for stepping in as Acting Clinic Director and thanks for Drs. Karen Grant and Lisa Gou for serving so capably as course instructors.

In addition, I am thrilled to share that we welcomed two new faculty members this past year. Dr. Natasha Wawrykow completed her PhD. in Counselling Psychology at the University of British Columbia, following a predoctoral internship at the University of Manitoba Student Counselling Centre. Natasha brings to the program a focus on embedding a multicultural perspective into her teaching and clinical work, and she has extensive clinical experience working with Indigenous children and adults. She will be a tremendous asset as we continue to work on Indigenizing our training and preparing students to provide culturally responsive psychology services. We also welcomed Dr. Megan Ames. Megan completed her Ph.D. in Clinical Psychology from York University in 2014, following a pre-doctoral residency at Centre for Addiction and Mental Health in Toronto. Megan subsequently completed a postdoctoral fellowship at UVic with Dr. Bonnie Leadbeater. We are thrilled to have her well-rounded experience in health psychology research, advanced statistical analyses, extensive clinical experience, and course instruction.

We have also bid a very fond farewell to Lori Ann Larsen. Anyone who has had any contact with our graduate program knows that Lori Ann is the heart and soul of the Psychology Clinic. She has kept the Clinic running efficiently, while providing substantial support and mentorship to students, for over 25 years. It is hard to imagine the Clinic without Lori Ann, but we are thrilled for her new chapter in life. Lori Ann has definitely earned a relaxing and fulfilling retirement!

This is my last update as DCT. After nine years, I will pass the torch to the eminently capable Marsha Runtz July 1, but not before submitting our program’s re-accreditation application to CPA in June. We expect that a site visit (while may be virtual) will be scheduled in the fall. Our practicum supervisors are essential partners in graduate student training, and these re-accreditation documents are an opportunity to highlight their outstanding contributions.

Finally, I am happy to report that seven students completed the program in 2019 – 2020!! We also welcomed five new students in September 2020. Please welcome:

- Madeline Gregory (Clinical Neuropsychology, Supervisor: Dr. Theone Paterson)
- Yaewon Kim (Clinical Neuropsychology, Supervisor: Dr. Sarah Macoun)
- Jie Li (Clinical Lifespan, Supervisor: Dr. Cathy Costigan)
- Erin Light (Clinical Lifespan, Supervisor: Dr. Ulrich Mueller)
- Morgan Schaeffer (Clinical Neuropsychology, Supervisor: Dr. Theone Paterson)
- Andrew Switzer (Clinical Lifespan, Supervisor: Dr. Brianna Turner)

We look forward to introducing the new students to our practicum supervisors at this year’s virtual reception on February 11th held via Zoom.

Welcome!

Highlights Clinical Psychology Faculty Member



Dr. Megan Ames

Dr. Megan Ames joined the clinical faculty in July 2020 as an Assistant Professor. She moved to Victoria from Toronto in 2014 to pursue a postdoctoral fellowship at UVic, and she is thrilled to continue teaching and mentoring UVic’s undergraduate and graduate students alike. Dr. Ames’ training is in clinical developmental psychology (York University), and her work has a focus on providing therapeutic, assessment, and consultation services to children, adolescents, young adults, and their families. With a passion for evidence-based assessment, Dr. Ames is teaching graduate courses in assessment of psychosocial functioning and advanced issues in clinical assessment. Dr. Ames’ research is focused on understanding how health behaviours (e.g., physical activity, sleep) are related to mental health concerns (e.g., depression) among young populations. Dr. Ames also holds research interests in supporting postsecondary students with autism spectrum disorders (ASD) and played an integral role in the development and implementation of a peer-mentorship program for students with ASD at York University.

Representative publications include:

- Ames, M. E.** & Leadbeater, B. J. (2018). Depressive symptoms trajectories and physical health: Persistence of problems from adolescence to young adulthood. *Journal of Affective Disorders*, 240, 121-129. doi: 10.1016/j.jad.2018.07.001
- Ames, M. E.**, McMorris, C. A., Alli, L. H., & Bebko, J. M. (2015). Overview and evaluation of a mentorship program for university students with ASD. *Focus on Autism and Other Developmental Disabilities*, 31(1), 27-36. doi: 10.1177/1088357615583465

Highlights Clinical Psychology Faculty Member



Dr. Natasha Wawrykow

Dr. Natasha Wawrykow joined the clinical faculty in July, 2020 as an Assistant Professor. Natasha graduated from the University of British Columbia, Counselling Psychology Program. As a teaching-stream faculty member, Natasha is engaged in the clinical training of graduate students and promotion of reconciliation between the field of psychology and Indigenous Peoples. Natasha’s strives to pursue collaborative Indigenous community-driven counselling and research opportunities that promote reconciliation and prosperity for the Indigenous community.

Natasha’s clinical counselling experiences has focused on mood disorders, relationship problems, and chronic psychological disturbances. Her clinical work was offered through hospital outpatient units (i.e., Adult Short-Term Treatment and Acquired Brain Injury Services- Rehabilitation), university counselling centers, and a government health clinic. Specialized clinical skills that she brings to our lifespan development track include trauma-informed multicultural counselling skills for working with children, adolescents, and adults.

Natasha’s assessment experience includes neuropsychological, psychiatric, psychoeducational, and psycho-vocational assessment. These were provided in hospital inpatient (e.g., Adolescent Psychiatric Unit) and outpatient units (e.g., Acquired Brain Injury Services - Adult Neuropsychology), and university settings (e.g., Learning Disability Services Centre). Specialized assessment skills that she brings include training in multiple neuropsychological assessment batteries, which facilitates cross-battery assessment selection when working with diverse populations that may have physical limitations and/or require cultural considerations.



Fall Leaves

Photo Credit: Lauren K. Qualls

Highlights Students on Internship (2020-2021)

A big congratulations to the students who are currently on internship! They have worked hard throughout the program and will no doubt to continue to do so on internship and beyond. Our appreciation also goes out to the practicum supervisors and sites that have supported these students along their journey. We would like to acknowledge the hard work and dedication of both these students and their practicum supervisors!

Jordan Ali

Internship: *London Clinical Psychology Consortium - Neuropsychology (London, ON)*

Fanie Collardeau

Internship: *Edmonton Consortium (Edmonton, AB)*

Chantel Mayo

Internship: *Hamilton Health Sciences - Neuropsychology (Hamilton, ON)*

Kristen Silveira

Internship: *Calgary Clinical Psychology Program (Calgary, AB)*

Vivien So

Internship: *University of Manitoba Counselling (Winnipeg, MB)*

Congratulations!

Highlights Clinical Practicum Site

Homewood Ravensview

Located just outside of Victoria, BC, Homewood Ravensview is a private facility offering evidence-based, medically-led, inpatient, mental health, trauma, and addiction services.

This new practicum placement at Homewood Ravensview is supervised by Clinical Director, Dr. Bianca Bucarelli, R.Psych. Practicum students have opportunities to work across four streams of programming, including: My Path (ages 19 to 25); Cornerstone (adults ages 26 and older); Vanguard (professionals and executives); and Guardians (First Responders, Military, and Veterans) to provide advanced psychological assessment to support diagnostic clarification, assess cognitive functioning, and inform enhanced treatment planning. Full practicum and half practicum placements will be considered for both 505 and 603 students. Availability of full- versus half- time placements depends in part of student’s level of training, available days of work, scope and type of activities desired during placement, and supervisor availability. This new practicum placement is an exciting opportunity and we are very thankful for Dr. Bucarelli’s clinical supervision!



Photo Credit: Ravensview.com

Current Victoria Area Clinical Psychology Practicum Sites

Site	Emphasis	Supervising Psychologists (# contact person)
UVic Psychology Clinic	Assessment	Dr. Lisa Van Bruggen, R. Psych. Dr. Louise Fennell, R. Psych.
Youth Forensic Psychiatric Services	Assessment	Dr. James Sawchyn, R. Psych. Dr. Scott Bezeau, R. Psych. Dr. Christine Schwartz, R. Psych. Dr. Louise Clark, R. Psych. (in Nanaimo)
UVic Counselling Services **	Therapy	Dr. Rita Knodel, R. Psych. Dr. Ai-Lan Chia, R. Psych. Ms. Wendy Lum, M.A., Practicum Coordinator # Dr. Leah Wilson, R. Psych.
Victoria Child & Youth Mental Health	Therapy	Dr. Josh Slatkoff, R. Psych. # Dr. Alina Carter, R. Psych. Dr. Barbara Kennedy, R. Psych.
Saanich Child & Youth Mental Health **	Therapy	Dr. Laurel Townsend, R. Psych. # Dr. Kim Lane, R. Psych. Dr. Vanessa Johnson, R. Psych.
West Shore Child & Youth Mental Health	Therapy	Dr. Jaqueline Bush, R. Psych. #
Anxiety Disorder Clinic, Victoria Mental Health*	Therapy	Dr. Eric Ochs, R. Psych.
Neuropsychological Services at Queen Alexandra Centre for Children’s Health	Assessment	Dr. Chand Taneja, R. Psych. # Dr. Sare Akdag, R. Psych.
Child, Youth & Family Mental Health Services at Queen Alexandra Centre for Children’s Health	Assessment/ Therapy	Dr. Loren McMaster, R. Psych. Dr. Alissa Schachtman, R. Psych. Dr. Lisa Van Bruggen, R. Psych. Dr. Joanna Kelm, R. Psych. #
Goranson Wellbeing, private practice*	Therapy	Dr. Tamara Goranson, R. Psych. # Dr. Samuel Morgan, R. Psych.
Forensic Psychiatric Services - Adult	Assessment/ Therapy	Dr. Tony Dugbartey, R. Psych. Dr. Heather Scott, R. Psych.
Outpatient & Inpatient Neurorehabilitation Services, Victoria General Hospital**	Assessment	Dr. Karen Kit, R. Psych.
Outpatient DBT Program, Victoria Mental Health**	Therapy	Dr. Elisabeth Hallam, R. Psych.
Complex Behavior Disorders Clinic (VICAN) at Queen Alexandra Centre for Children’s Health	Assessment	Dr. Cathy Harwood, R. Psych.

* Preference given to 505 students

** Preference given to 603 students

New Clinical Psychology Practicum Sites as of January 2021

Site	Emphasis	Supervising Psychologists
Duff Psychological Services	Therapy/ Assessment	Dr. Carlton Duff, R. Psych.
Bloom Psychological Services** (onsite in Vancouver, BC)	Assessment	Dr. Christopher Cardoso, R. Psych. Dr. Danielle Kingdon, R. Psych.
Vancouver Anxiety Clinic (telehealth option from Victoria)	Therapy	Dr. Christine Korol, R. Psych.
Victoria Child and Family Psychological Services	Therapy	Dr. Marei Perrin, R. Psych.
Vancouver Island Psychological Services**	Therapy	Dr. Tanna Mellings, R. Psych.
Inpatient Neuropsychology, Island Health-Nanaimo (telehealth option)**	Assessment	Dr. Paul Brewster, R. Psych.
Homewood-Ravensview (Inpatient Mental Health)	Assessment/ Therapy	Dr. Bianca Buccarelli, R. Psych.
Wise Mind Center (Vancouver)** (pending approval Feb. 2021)	Therapy	Dr. Debbie Leung, R. Psych.
North Shore CBT Center (Vancouver) (pending approval Feb. 2021)	Therapy	Dr. Jennifer Campbell, R. Psych.
BC Psychosis Inpatient Program at UBC Hospital**†	Therapy/ Assessment	Drs. Mahesh Menon & Ivan Torres, R. Psych.
GF Strong – Adolescent Young Adult Rehab**†	Assessment/ Therapy	Dr. Sarah-Jane Meachen, R. Psych.

* Preference given to 505 students

** Preference given to 603 students

† Have not been yet established as separate sites, but are open for applications in the UBC/SFU practicum match system

Current Clinical Psychology Faculty Members

[Catherine Costigan](#), Ph.D., R. Psych., Professor, Director of Clinical Training

[Marion Ehrenberg](#), Ph.D., R. Psych., Professor Emeritus

[Mauricio Garcia-Barrera](#), Ph.D., R. Psych., Associate Professor

[Jodie Gawryluk](#), Ph.D., R. Psych., Associate Professor & Practicum Site Coordinator

[Kimberly Kerns](#), Ph.D., R. Psych., Professor Emeritus

[Sarah J. Macoun](#), Ph.D., R. Psych., Assistant Professor

[Catherine Mateer](#), Ph.D., R. Psych., Professor Emeritus

[Theone Paterson](#), Ph.D., R. Psych., Assistant Professor

[Lara Robinson](#), Ph.D., R. Psych., Associate Teaching Professor, Clinic Director

[Marsha Runtz](#), Ph.D., R. Psych., Associate Professor

[Colette Smart](#), Ph.D., R. Psych., Associate Professor & Practicum Placement Coordinator

[Holly Tuokko](#), Ph.D., R. Psych., Professor Emeritus

[Brianna Turner](#), Ph.D., R. Psych., Assistant Professor

[Natasha Wawrykow](#), Ph.D., Assistant Teaching Professor & Indigenization Advisor

[Erica Woodin](#), Ph.D., R. Psych., Associate Professor

[Laurie Fitzgerald](#), M.Sc., Psychometry Instructor

[Lori-Ann Larsen](#), Clinic Secretary



A Bright Autumn Day

Photo Credit: Buse Bedir